



www.mercedesfitness.ca

1. Do you drink coffee in the am?
2. How often do you read the package on the food?
3. Do you know what it means?
4. What is your favorite restaurant to dine in?
- What is your favorite take out?
5. How many times do you eat out?
6. How many times do you open food that came from the “frozen food” department?
7. Circle which fats you cook with
 - A) Olive
 - B) Walnut
 - C) Corn
 - D) Peanut
 - E) Safflower
 - F) Canola
 - G) Butter
 - H) Margarine/ Other Spreads
 - I) Sprays
8. Do you eat 1/4 cup of RAW unsalted nuts daily?
9. Do you eat fish at least 2x week?
10. Do you eat whole grain breads and pastas?
11. Do you eat brown rice?
12. What cereals are in your house?
13. Do you have chia or ground flax in your diet?
14. Do you drink green tea daily?
15. How much water do you consume daily?
16. Do you make your lunch or eat out if working?
17. What is your favorite fruit?
- Vegetable?
- Comfort food?
18. How many times a week do you consume alcohol?
- What do you drink?
- Approximately how much?
19. Do you ever take a bath with epsom salts?
20. What time do you go to sleep on average?
21. Do you eat at the movies?
- What do you eat?
22. Do you drink any pop?
- Crystal lite?
23. What is a healthy snack that you would choose?
24. Do you drink juice?
25. Do you crave salty or sugary foods?